

UNITY DAILY WORD

A Page of Sunshine for Every Day



Table 5000000

Revealing the way to
HEALTH, HAPPINESS and PLENTY

April, 1937

5¢
A Year

AFFIRMATIONS

USED BY
SOCIETY OF SILENT UNITY

March 20 to April 19

I thank Thee, Father, that Thou hast revealed Thyself in me as perfect wisdom.

★

*Tby vitalizing energy floods my whole being,
and I am healed.*

★

*The substance of Tby love abides with me,
and I am in all ways prospered.*

Single copies of UNITY DAILY WORD may be obtained at Unity libraries and newstands at 15 cents. Subscription, \$1 a year. Braille subscriptions are sent free to the blind who are familiar with grade 1½. These gifts are made possible by love offerings.

We also publish *Good Business, Progress, Wee Wisdom, Unity, Weekly Unity*, and *Unity Sunday School Leaflet* at \$1 a year each.

Requests for Silent Unity's ministry and love offerings for health and prosperity treatments should be addressed to Silent Unity.

Subscriptions, renewals, requests for Prosperity Banks, changes of address, book orders, or checks and money orders for publications should be sent to the Publishing Department.

Entered as second-class matter June 13, 1924, at the post office at Kansas City, Missouri, under the act of March 3, 1879. Accepted for mailing at the special rate of postage provided for in section 1103, act of October 3, 1917, authorized June 13, 1924.

When asking us to change your address, please be sure to state which of our magazines you are receiving, and whether you are now using a Prosperity Bank.

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UNITY DAILY WORD

VOL. XXVI

FOR APRIL, 1937

No. 4

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, Editor

Editorial suggestions and comments may be addressed to Editor of UNITY DAILY WORD, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Missouri

The True Path

The path is not far from man.
When men try to pursue a
course which is far from the
common indications of con-
sciousness, this course cannot be
considered the path.

—Confucius.

IN THE LIVING OF A DAY

Ruth Yoland Shaw

The hue of the sky plays but little role
In making a day to be gloomy or droll:
The thoughts we think, the words we say
Color its hours rose-gold or gray.

God is omniscient and everywhere,
All-powerful in mist or in sunshine fair;
If ever on Him the mind be stayed,
What matters at all the sky's proper shade?

Though over earth's face lies seeming
 gloom,
How shall it find entrance into the heart's
 room,
If the Spirit of truth is crowding it full
Of the Christ light divine and beautiful!

MAKING THE RIGHT ESTIMATE OF LIFE

IF WE did not estimate life aright, if we did not put the proper value upon the various phases of living, we should be in the position of getting the wrong perspective of every experience. That which had no value would be given prominence in our thought. That which was of tremendous importance would be slighted and possibly overlooked. We need to have the right estimate of life and need to put things in their proper place in our thought.

Very unhappy indeed is the person who makes a great ado about nothing. We see all about us those who become offended at some unintentional slight, those who spend sleepless nights brooding over something that some one said or did that is too insignificant for second thought. They have the wrong view of life, especially of the relation of other persons to themselves and their affairs.

Taking the right view of life, we must view in the right light the persons and situations that make up the immediate circle of our experience. We must never think of them as having power to limit our own expression of life or to interfere in any wise with our own happiness. We should think of nothing in the external world as having power to originate unhappiness in our experience. In making the right estimate of life we need first to establish in our

thought once and for all time the mighty truth that the objective world about us has no power to give us right or wrong estimates of value. Our own thought is responsible for these. The right estimate derives from right and correct thinking, from seeing all things in their right relationship and in proper proportions.

Can you not see that the unhappiness and disorder that you have experienced in the past have come from not keeping things in their proper place in your own mind? Do you not see that right estimates give you orderly thinking and bring about order in your world?

If you should happen to be a person in a home who because of selfishness makes life miserable for all about you, you need to see life in a new light. You need to see that the whole world is not dependent upon you, neither is it subject to your dictates. You need to see that it is just as necessary for you to co-operate with and serve those about you as it is ridiculous for you to expect all others to give in to your every whim and desire. You have failed to see things in their right proportions. You see yourself as too important, while in the eyes of other persons you are thoughtless of others and selfish in your motives.

You make the right appraisal of life when you see yourself in right relation to other persons and

other things. You see all things in their right proportions. You do not give improper and unnecessary emphasis to one person or thing to the detriment of others. You do not "strain out the gnat, and swallow the camel."

The gnat strainers and camel swallowers are those who do not estimate things aright. Among them we find those friends of ours whose feelings are hurt and whose friendship is endangered and jeopardized by the most insignificant word or deed. They ascribe great importance to unimportant circumstances, which occupy their thought to the exclusion of all else.

When we make the right estimate of life, we put everything in our mind in its right place. Nothing assumes proportions unworthy of itself. We keep the right balance in our thinking. We do not let some insignificant situation overweigh one of importance. We keep true values before us.

To value things aright we need to have a standard for our thinking. The student of Truth uses Truth as his standard. He estimates things and situations according to their standing in Truth. The student of Truth early finds that Truth gives him a new sense of values. Things formerly considered important may become quite insignificant. One thing he learns: he is not so disturbed by what others think, say, or do.

CLUTCHING AT A STRAW

IT WOULD be natural to suppose that among the thousands of testimonials and reports from those who have their prayers answered and are able to demonstrate the teachings of Truth there would be an occasional letter from some one who fails to apply the teachings to his problem. Have you wondered if we get such letters and what our answer is?

Not long ago a man wrote to us that he had had everything in life—health, friends, faith, prosperity—but that he had lost all. At the height of his despair, his most humble employee gave him a Unity publication and he became acquainted with the teachings of Truth. He wrote that he was like a drowning man clutching at a straw. While he has increased in faith and optimism, he has been unable to make any further demonstrations. He writes to ask what he should do.

Our experience is that the drowning man clutching at a straw does not ask what is his choice between two things to do. The straw clutcher can do nothing but strengthen his grasp. His straw becomes his most precious possession. It is his bond with life itself. In fact, he would not give up his straw if told to do so, unless he had something better to take its place.

The name of those who have lost everything but have had Truth come to their rescue is legion. They

have had to be patient and trustful almost to the point of desperation. All the time they have found that their hold on Truth has been strengthened. The reward that came to them was especially generous because of their persistence and trust. As they clutched their straw, they found that it lost its seeming frailty. It became like the strong arm of God reached out to them in their dilemma. Their straw became the bridge that joined them to hope, assurance, certainty, security.

If the knowledge of Truth comes to you in your despair, if you clutch it in desperation, just strengthen your grasp. There is nothing else to do. You cannot let go. You cannot summon enough human will power to let go of God when you have found that God is the only power to whom you can turn. Of course, you cannot let go. One thing however you can do: you can increase in practical understanding. As you draw nearer to God in your grasp of Truth, you will be taught of God how to apply His teachings.

The one who holds onto a straw is to be envied in one sense. Such a person gives his undivided attention to the thing to which he clings. His whole faith is wrapped up in it. His expectancy is in but one thing. Because it becomes his one way out of desperation, he comes to value it above all else. Virtually every one who comes to an understanding of Truth would give up everything in life but it.

The person who feels that he is clutching a straw need not be told what to do. He will continue holding to that which represents salvation to him. He will increase in faith and trust. He will come to be one of those who most generously attest the power of that which has saved him. Having clung to Truth and to God, he will come to join those who spend almost every waking moment in trying to advance the cause of Truth and God.

The straw you clutch today might be something that at one time in your life you would have thought worthless but which today may be priceless. You gain a new sense of values when something discloses a new viewpoint to you. A straw worthy only of being discarded under certain conditions may prove to fill a need that nothing else can fill.

If nothing else in all this world offers you a solution of your problems but the study of Truth, will you give it up? We hardly think so. Your patience may bring you the greatest reward God can give you. The demonstration you hope to make may not only be of help to you but may in some way become an inspiration and service to countless others.

Will you cease praying because your prayer to date has not been answered? Now that you know something of God, you cannot give Him up. Neither can He forsake you. But one course is open to you: continue in your faith.

THE RIGHT IDEA

THE RIGHT IDEA relates you to the thing you seek and need. The right idea is the bridge that joins you with some blessing that you especially desire. The right idea brings you into tangible relations with the demonstration you have hoped to make. The right idea comes to you as the inspiration from Divine Mind by which the blessings of heaven are revealed to you.

The right idea coming just at the right time to the right man (an inventor, for instance) may prove to be the key to God's unlimited storehouse of prosperity and happiness. Sometimes this idea is such a simple one that we can scarcely believe in its worth and power. Occasionally it is an idea that has been overlooked and slighted because other seekers for ideas looked for something difficult, intricate, and complex.

When the individual prays for prosperity, he does not find a bag of the coin of the realm dropping into his lap. He finds that he is inspired by some rich idea for prosperity. Many persons do not make their demonstration of prosperity because they ignorantly expect it to come by the bag method. Their prayers for vast fortunes tend to deaden the mind to tangible and rich ideas.

In the matter of prosperity we are dealing with Divine Mind. We deal with thought. That is our

representative of prosperity. Our measure of prosperity depends upon the nature of the thought. Its "mental size" indicates what proportions it will assume in the objective world as regards prosperity and success. The quality of our thought, its richness or paucity, determines the extent of our prosperity.

Sometimes in order to get our minds to function properly in demonstrating prosperity we need to use some lesser idea in order to prepare the way for a greater idea. If the mind is not used to thinking in terms of prosperity, we need to make use of less prosperous ideas in order to build up a consciousness of prosperity. Certainly we should always make use of whatever material we have. We never know but that some idea, though seemingly limited in promise, may lead us into increased prosperity.

The right idea presents itself to our consciousness when we are prepared to receive it. The prosperous thought cannot appear in the mind of lack. The right idea is a definite and timely one presented to us as the means of leading us to some blessing we seek.

Ideas are considered highly valuable in the world of prosperity. We may think of the rich idea as almost riches itself, as it soon turns into riches. We live in a world of ideas, since primarily all is thought. There should be no difficulty in our getting the right idea at the right time.

THE INNER SANCTUARY

MAN has within himself a place to which he can retire in time of physical need and become charged with strength, a place where wisdom and counsel are given him in times of confusion and personal problems, a place where he finds direction and guidance, a place whence comes all that he needs in order to lead a full-rounded life.

This inner sanctuary is his holy of holies, his meeting place with the indwelling Spirit. It is the heart of his being, his "inner chamber." He can retire to this spot and there with God view his life and his world. There he can feel that the Master, Christ, is right at hand, present to guide and govern him. When things seem to overwhelm him, he turns to his storehouse of power and becomes the master of things.

The inner sanctuary is the place where God speaks to us and directs our life according to His plan and purpose. Were we always receiving directions from the sanctuary within us, we should not fall into confusion. Things of the world look entirely different to us when viewed from the standpoint of the sanctuary.

Learn to live with God. Realize that at the heart of your being there is something guides, loves, heals, and prospers you. The most valuable possession you can have is the knowledge of the presence of God

within you. It is an abiding sense of satisfaction and security.

When things of the world would disturb you, you need but turn to God and live in the consciousness that the Spirit within you is mightier than the persons, things, and events of your world. Your inner sanctuary is the retreat to which you retire in order to receive spiritual wisdom and power. It is the place where you seek, find, and know God.

The inner sanctuary is your citadel of peace, rest, and security. In this sanctuary you find your God likeness. You see your identity with Christ. You find that in you which is ever peaceful, never disturbed nor confused.

Your inner self, your spiritual being, becomes apparent to you in the inner sanctuary. You behold yourself as you exist in heavenly consciousness, in the sight of God. You see yourself whole and well. You behold yourself victorious and undefeated. You see that you can accomplish whatever you set out to do.

In the inner sanctuary you know just what to do. You behold the right path opened before you. You make the right decision. You feel as if you had entered some holy temple and there been given unmistakable plans for your success.

If you begin the practice of turning to this place of light, peace, joy, and life, you will find that you will want to continue the practice.

MY PERFECT HOUR

Winnie Williams

I consecrate all hours to Him;
But I will string them one by one
That I may know God's work is done.

I consecrate all hours to Him;
But I will place these pearls of gold
On strands of silver never old.

I consecrate all hours to Him;
But I will count them hour by hour
As drops of dew on a perfect flower.

I consecrate all hours to Him;
And I shall laugh them in and out
That I may face my life about!

I count all hours as truly His;
But I shall take them all apart
And watch the love grow in my heart.

I consecrate all hours to Him;
But I will count them one by one
That I may know the victory won.

THURSDAY, APRIL 1

The peace of God fills my heart and I am peaceful in all situations.

WHEN YOU find yourself in an inharmonious situation, turn to the peace of God within you. Become so aware of omnipresent peace, the everywhere prevailing peace of God, that there is no room in your mind or in your life for anything inharmonious. You must keep your thought upon peace if you would abide in peace.


The peace of God becomes yours only when your whole attention is centered upon God. When you give your whole thought to inharmony, you are unable to conceive of peace. You can see that your thought alone determines whether you are harmonious or inharmonious. Your realization of God's perfect peace brings you to the realization of your peace in God.

Realize that peace issues forth from depths within you. Know that when you turn to this inner realm of peace you identify yourself with the very peace of God. Nothing in all this world can be inharmonious in your life when you are one with God's peace. Your whole being will be permeated with peace.

My people shall abide in a peaceable habitation, and in safe dwellings, and in quiet resting-places.—ISA. 32:18.

FRIDAY, APRIL 2

I have supreme faith in God, the good, and know that He is established in all my affairs.

 OUR LESSON on faith today directs our thought away from all belief in evil. Our faith in God is quickened. We realize that through faith in His goodness we come to see Him established in all our affairs as the good we need and seek. With our thought upon Him we cannot waver in our faith.

Do you have faith in God? When things in the world about you would tend to discourage you, do you still have faith? Can you believe in God even when those about you believe in the power of worldly things? Can you keep your faith centered in God even when others believe in the power of evil, fear, hate, disease, and failure? You can see that often there comes a challenge to your faith. You are called upon to show yourself whether or not you really believe in God.

Only by your faith in God can you prove to yourself that you no longer believe that He has an opposite or a competitor.

He wavered not through unbelief, but waxed strong through faith.—ROM. 4:20.

SATURDAY, APRIL 3

*In the stillness of the presence of God
within me I find perfect stillness.*

LIVING as we do in a modern world of noise and confusion, we need to turn often to the presence of God and His Spirit of stillness. We find that we must unify ourselves with His presence in order to have His stillness pervade our world.

In the stillness of God we find surcease from all distraction and confusion. In Him we find perfect quiet. Things of the world cannot disturb or distress us when we abide in God's presence of stillness. We become still because we are unified with His stillness.

Do you need quiet? Turn to God. Find in Him that quietness which will give you power to command your world. In His presence find that inner sense of quiet which will make your life one established in quiet.

Find time each day to turn in prayer to God and become still regardless of wherever you may be. Learn to depend upon the presence of God to supply quietness in your life. Look to God for the stillness that will command your world and cause it to become still according to your desire.

*Jehovah is in his holy temple: let all the earth keep
silence before him.*—HAB. 2:20.

SUNDAY, APRIL 4

*I give up all worry and anxious thought,
because I put my whole trust in God.*

WHEN WE trust in God we cannot worry. We cannot depend upon Him and at the same time be anxious. With our trust in God we are sure of freedom from all worry. The best remedy for worry is trust in God in all things.

Many persons spend valuable hours in worry. They give anxious thought when they should give the time to trusting God in all their affairs. We are sure that if they gave the same amount of time to trusting God that they give to worry there would be no occasion for their worrying.

Resolve to worry less and less and to trust God. Place yourself and all your affairs in His keeping. Know that through your trust only that which is good and desirable can appear in your life. Only that which is of God can be expressed in your life when you trust entirely in God.

If you would cure yourself of the worry habit, cease to think about the thing that seems to cause your worry. Turn in thought to God. Trust Him to adjust and to regulate all your affairs.

Casting all your anxiety upon him, because he careth for you.—I PET. 5:7.

MONDAY, APRIL 5

*Knowing that the omnipresence of God,
the good, fills my life, I realize that there
is no place for evil.*

WE SAY in metaphysics that evil has no place, reality, or being in the omnipresence of God. We realize that evil cannot occupy the same place that God does. We know that God is all in all; hence in Truth there is no place for what man has called evil.

The omnipresence of God is the everywhere present good. Nothing unlike God can exist in His presence. Nothing adverse to God can claim to be good or have place in His omnipresence. In Truth He is everywhere present as that which proves to be a blessing to man in any place or at any time.

The presence of God in man is the presence of light, life, courage, love, health, and substance. There can be no absence of the goodness of good in the realization of God's omnipresence. Man cannot perceive a lack of His presence when he understands the true nature of God as omnipresent good. Man finds that God is ever present as the good he seeks and desires. He finds that the blessing he needs is present when he understands God's omnipresence.

I am God, and there is none else.—ISA. 46:9.

TUESDAY, APRIL 6

I realize that in Truth I am under but one law, the law of God, the good.

DO YOU think of God as reliable and as dependable as is the working of scientific law? Have you heard Him spoken of in metaphysics as principle and wondered how your God could be likened to anything of this kind? God is referred to as law or principle when we wish to emphasize His dependability and constancy. We speak of the law of God as being the law of good because we have found that good comes into manifestation in our life through the working of God as law.

In Truth there is but one law, that of good. There can be no laws of evil, disease, and misfortune to the person who realizes that God as the law of good is the only law. The only law that the student of Truth can recognize is that based upon or in harmony with the law of God.

Live this day in the realization that God as law is now governing your life. Give your whole thought to this and you can no longer be governed by any law of evil. Let your world be one in which God is the only law, the only lawgiver.

He that keepeth the law, happy is he.—PROV. 29:18.

WEDNESDAY, APRIL 7

I am no longer fearful. The Spirit of God within me makes me courageous in all situations.

MANY PERSONS are seemingly obsessed with fear. They fear other persons and fear things and situations. Theirs is a world of fears. They need to see that their fears do not derive from the objective world about them or its influence upon them but that they come from their own mental world. Eventually they come to realize that fear is primarily mental. They discover that they overcome fear by implanting courage in their mind.

Man has within him the very Spirit of courage ever seeking to inspire him with courage. He opens his mind to courage only when it is free from all fear. He exchanges his thoughts of fear for those of courage. Then his outlook upon life becomes one in which fearlessness is predominant.

Abide this day in the knowledge that in Truth you are forever courageous. Keep uppermost in mind the thought of fearlessness. Realize that nothing in all this world can intimidate the Spirit of courage within you.

God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.—II TIM. 1:7 (A. V.).

THURSDAY, APRIL 8

The justice of God is now expressed in and through me as perfect justice in all my dealings.

IF YOU believe in injustice you will find that you attract to yourself situations of injustice. Your consciousness of injustice will draw to you situations like itself. The thought you entertain about being unjust to others will in turn prove to draw to you injustice. You can see that the best way to make others unjust toward you is for you to be unjust toward others. We may think of the consciousness of injustice as being like a boomerang in its action.

The justice of God is expressed through you when your mind is free from all thought of injustice. You are established in the justice of God, free from the injustice of man, when His justice is uppermost in your mind. You need to believe that you have within you that which can attract only situations of justice to you.

Live today in the realization that you live in God's world of justice, in which injustice cannot appear.

There is no God else besides me, a just God and a Saviour.—ISA. 45:21.

FRIDAY, APRIL 9

*The wisdom of God now directs my steps
into the path that leads me to my highest
good.*

THE WAY of Spirit is not a way of deprivation. When we go the way that Spirit directs us to take, we are assured of illumination, joy, courage, love, health, and plenty. The path of Spirit is certain to lead us to our highest good. We are sure of the Spirit's presence with us all the way when we take the path of Spirit.

The path of Spirit leads us away from the path of sin, evil, hate, fear, want, and adversity. We cannot experience any of these when we go the way of Spirit. There we are attended by the presence of Spirit and blessed by the richest blessings of heaven.

Let God's wisdom direct you to your highest good. Be willing to turn away from diverging paths. Let yourself be guided into that which will bring you the blessing you seek. Resolve this day to go the way of Spirit.

Think of yourself today as going the way that Spirit directs you to take. Know that this way directs you into your world of peace and plenty.

He will teach us of his ways, and we will walk in his paths.—ISA. 2:3.

SATURDAY, APRIL 10

Turning to the love of God, I lose sight of every unloving thought.

IF YOU would get rid of unloving thoughts, turn to God and identify yourself with His love. Become so filled with love that there is no place in your heart for hate. Make yourself so much one with divine love that you are unable to think in terms contrary to love.

When you love God with all your heart you are unable to hate anyone. You cannot express hate toward other persons when you make yourself a channel for God's love. You can express naught but love for others when you have only love for God. You can see that the remedy for hate in any form or degree is that of love.

Make this a day of love. Keep love uppermost in your mind. Should an unloving thought come to mind, neutralize it through love. Keep your thought so fixed upon God and His love that you react to all persons and all situations in love. Use the affirmation for today on all occasions. You will find it a blessing to you if you should come in touch with any unloving situation.

Jehovah appeared of old unto me, saying, Yea, I have loved thee with an everlasting love.—JER. 31:3.

Life Worth While

Clarence Edwin Hyn

See all the loveliness there is to see,
Hear all the harmony there is to hear,
Look for the gladness everywhere so free,
Open your heart to every blessing near,
Thrill to the fact that life is wonderful,
Think all the worth-while thoughts true,
Realize that the world is beautiful,
That is what makes it worth the while to
Grow every good the soil of life will yield,
Gather each blossom growing by the way,
Harvest the worth from every sunny day,
And all the values from each passing day,
Garner life's good, for it is bountiful;
Profit from all each moment has to give,
Sowing and reaping, ever dutiful:
That is what makes it worth the while to



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Life Worth While

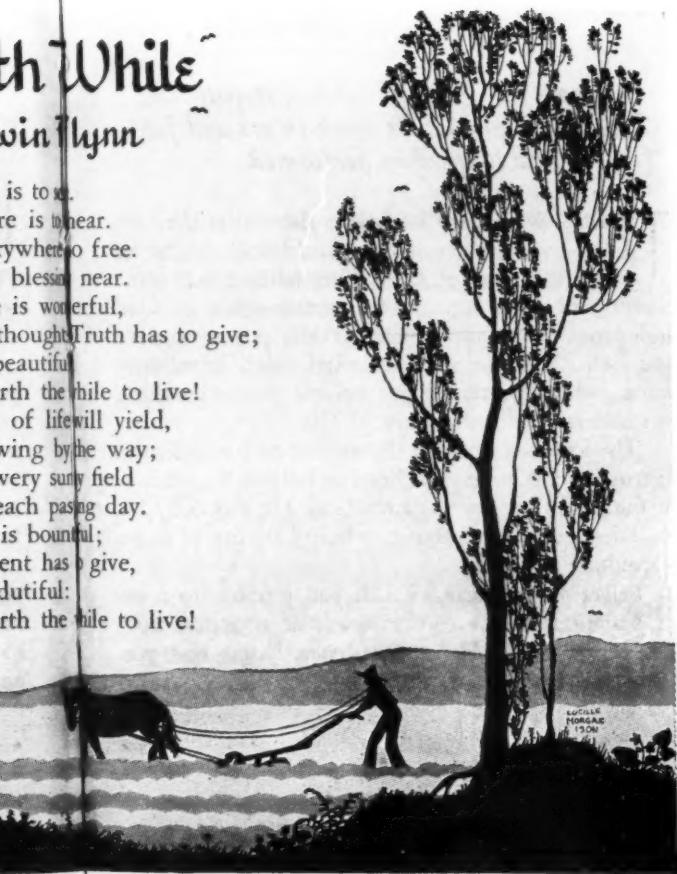
Clarence Edwin Hlyn

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SUNDAY, APRIL 11

*I am now free from all habit of impatience,
because I know God's work in me and for
me is speedily performed.*

THOSE WHO are impatient show that they believe some power in the world will thwart or delay the work of God. They believe that some power will work against the omnipotence of God and prove to be too much for His power to save and help. We can see that relief from impatience comes when we no longer believe that something can interfere with the work of God.

The impatient person shows that he has difficulty in trusting God. He is inclined to believe that things of the world conspire against God. He shows by his impatience that he is trying to help God out of some dilemma.

Select a day during which you propose to meet all situations in the consciousness of patience, trust in God, believe in His omnipotence. Doing this, you will find that you give less thought to the things that have made you impatient. A day dedicated to patience will help to assure you of succeeding days of patience. As you clear your mind of impatience, you will find that you become more patient.

Let patience have its perfect work.—JAMES 1:4.

MONDAY, APRIL 12

*The joy of Christ expressed in me now lifts
me above all sorrow and depression, and I
heartily rejoice.*

REJOICE TODAY for all your blessings. Express your joy for all the good that has come to you. Be joyful because you know Truth. Be happy because you have found the joy of Christ.

Today see in how many ways you can rejoice. Let no opportunity for rejoicing escape you. Let the joy of Christ be expressed in you toward all experiences in your life. Let joy be your keynote in all situations.

Do not look to things of the world for your joy; you will find that they in turn have no power to take your joy from you. If you do not depend upon the presence of the things of the world to make you happy, you will not be saddened if they disappear from your life.

Find some new thing today for which to be joyful, some new experience for which to be happy, remembering at all times that the things and experiences of your world are entirely subject to your control, subservient to your thought and desire.

That my joy may be in you, and that your joy may be made full.—JOHN 15:11.

TUESDAY, APRIL 13

*Divine Mind now quickened within me
conveys to me thoughts of God.*

AS THE Spirit of God abides within man, so does Divine Mind. Man becomes conscious of thoughts of God when he realizes that he is one with Divine Mind. He enters spiritual consciousness and is identified with the mind of God. This mind, to him, is his own spiritual consciousness.

Man finds himself in a position where he must discriminate between his own limited and adverse thoughts and those which are thoughts of Truth. His limited and adverse thoughts he believes emanate from a state of carnal- or mortal-mindedness in which he finds himself until he comes to know Truth and Divine Mind.

When the Spirit of God within man speaks to him, man thinks of these thoughts as deriving from Divine Mind. He finds that his own higher intelligence is identical with this mind. He comes to know that he is never separated from the intelligence of God. He seeks to be free from limited thoughts that he may better understand Divine Mind.

*Many, O Jehovah my God, are the wonderful works which
thou hast done,
And thy thoughts which are to us-ward.*

—PSALMS 40:5.

WEDNESDAY, APRIL 14

The Truth of God now activates my consciousness and I am free from false beliefs.

○ ONE OF the greatest blessings that could come to you would be that of being free from such beliefs as have no foundation in the Truth of God. This would mean that you would be free from such thoughts as sin, evil, fear, hate, sorrow, disease, lack, and failure. These thoughts would no longer have power to dominate and to rule your life. You would be governed and guided solely by the Truth of God.

When Truth activates us we are no longer moved by thoughts of adversity. The Truth of God established in our consciousness causes us to be related to good, wisdom, freedom, love, joy, health, and plenty. We find that these alone are true. We discover that only that which is good and noble and beautiful is true in the sight of God.

Keep Truth in mind today. React to all situations from the standpoint of Truth. Let Truth set you free from false beliefs and misconceptions about life. Establish yourself in the Truth of God and be true to Him in all that you think and do. His Truth is mighty to direct, to defend, and to prosper you.

He . . . speaketh truth in his heart.—PSALMS 15:2.

THURSDAY, APRIL 15

*I am no longer separated from my good. I
am unified with the blessing I seek from
God this day.*

THE WAY to get what you want is to identify yourself with it in consciousness. If you believe that you are separated from something you need, you push it further and further away from you. When you realize that you are unified with it in consciousness, you cause it to draw closer and closer to you.

If you seem to live apart from other persons, think of yourself as being one with them in those thoughts which are worth while. Think of your interest in things in an impersonal way. Think of the many things you have in common and not of the things upon which you disagree.

In the consciousness of universal unity man is one with God and the blessings of God. He is identified with his fellows through the things that God shares with all men.

Make this a day in which you feel united with God. Feel unified with His blessings.

*Behold, how good and how pleasant it is
For brethren to dwell together in unity!*

—PSALMS 133:1.

FRIDAY, APRIL 16

The life of God purifies, harmonizes, renews, and strengthens me.

IF YOU feel a need for more life and energy, turn to the presence of God within you and realize that His life is yours. Know that His life cleanses and revitalizes you. Feel that this life is continually lifting you to a higher and fuller consciousness of life.

The life of God is never withheld from you. As long as you maintain a consciousness of life, you live. You can see that a consciousness of life is the important thing. You increase in the measure of life as you meditate upon it. Life becomes richer and fuller as you appropriate and use more of the life of God.

Feel the presence of God within you, vitalizing and energizing you in every part. Be thoroughly alive because God in the midst of you lives. Wipe from mind every thought that would limit your expression of life. See that you have in consciousness no barriers to the perfect flow of life in and through you. Give thanks often that you have God's life within you, life sufficient for every demand.

Our Saviour Christ Jesus, who abolished death, and brought life and immortality to light.—II TIM. 1:10.

SATURDAY, APRIL 17

The forgiving Spirit of Christ expressed through me causes me to forgive readily and thoroughly.

FORGIVENESS is perfect when there is no memory of some personal hurt of the past. We forgive another when we no longer accuse him of intentionally or unintentionally harming us. We turn to the Christ in him and let the Christ in us bear witness to forgiveness.

If you have difficulty in forgiving, try these simple rules. Cease to think about the occasion that disturbed you. Keep the person connected with it out of mind for a while until you can take a little more of an impersonal view of the situation. Try to see the good points in this person's life. Try to think of him as innocent of all desire to harm you. Think of yourself as having within you the Spirit of God, which cannot be harmed under any circumstance.

Never withhold forgiveness. To do so would be to harm yourself vastly more than the other person is harmed. You need to forgive much more than he needs to be forgiven. You need to clear from your thought that which is offending you.

Her sins, which are many, are forgiven; for she loved much.—LUKE 7:47.

SUNDAY, APRIL 18

The Spirit of God in the midst of me now prompts me to give up every thought of bondage and to accept perfect freedom.

BONDAGE to adversity in any form comes from first consenting to be in bondage. We are created free. Nothing can bind us to adversity but our own willingness to be bound. We must give up our innate freedom in order to experience bondage.


In the consciousness of freedom you cannot know any limitation on freedom. You are God's child created to be free. God knows of no bondage for you. All bondage is of your own making. If you are bound to evil and fear and disease, you may know that you first consented in your mind to give up a certain freedom in order to believe in these.

Today you meditate upon freedom. You are to demonstrate freedom in some way that you have not heretofore experienced. You are to deliver yourself from bondage by demonstrating freedom. You are to discover that the real thing in your life is not bondage but freedom from every form of limitation. You will find that God is expressing Himself in your freedom.

For freedom did Christ set us free.—GAL. 5:1.

MONDAY, APRIL 19

The light of God shining at the heart of my being illumines my mind and reveals to me my highest good.

 ONE OF MAN'S greatest blessings is the possession of wisdom. This grows and increases as he becomes more and more conscious of it. He comes to realize that he is in possession of whatever he needs to know. He realizes that God sent him into a strange world but one that he can master because of his God-given understanding.

Always think of yourself as endowed with wisdom. Turn often to the light of God within you, the light given you at the time of your creation, the light that serves as a guide to you throughout all time. You cannot lack understanding when you are conscious of having the light of God.

The wisdom of God now being revealed to your consciousness frees you from all belief that you are ignorant. You cannot lack understanding when you realize that you are a child of God, a child of light. The wisdom you need at any time will be given to you. Whatever you need to know exists in that higher intelligence in which there can be no darkness.

Jehovah is my light and my salvation.—PSALMS 27:1.

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY

April 20 to May 19

Illumination

*I will sing a song of wisdom unto the
Lord and rejoice in the light of divine
understanding.*

Healing

*I will sing unto the Lord a new song
of harmony and health.*

Prosperity

*I will sing a new song unto the Lord
of unfailing success and prosperity.*

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TUESDAY, APRIL 20

*Casting from my mind all belief in disease,
I become conscious that within me abides
perfect health.*

FIRST, in order to make your demonstration of health, you must cast from mind all belief in disease. That is, you must cease to think of disease as something that is yours, something that has a place in your life. You must break all connection with the disease thought.

The health of Spirit abides within you. You are conscious of this when your whole thought is given to health instead of disease. You discover that in Truth you are whole and well. You find that you are not diseased in any part. You finally reach a certain ideal that you have always had, the inborn belief that in Truth you are healthy and strong.

Dedicate this day to gaining a clearer realization of your health. Keep out of your mind every belief that would cause you to lose sight of this ideal. Know that the presence of Spirit within you assures you of perfect health.

*My son, attend to my words . . .
For they are life unto those that find them,
And health to all their flesh.*

—PROV. 4:20, 22.

WEDNESDAY, APRIL 21

The prospering Spirit of God now overshadows my affairs with a benediction of prosperity.

THINK of God as brooding over your affairs with the Spirit of prosperity. Think of yourself as being overshadowed by the Spirit of God with a benediction that causes you to succeed and to prosper in all that you undertake. You cannot fail or lack when you are conscious of this benediction.

If you would prosper, you must keep out of mind such thoughts as are inimical to prosperity. You cannot believe in lack if you wish to prosper. You cannot entertain thoughts of failure if you want to succeed. Keep uppermost in mind the thought of prosperity and you will prosper.

Bless all your affairs in the consciousness of plenty. See every evidence of lack disappear as prosperity comes more and more into view. Think and act prosperously.

Go forth this day in the consciousness that you have abundance for every need. Realize that the blessing of the Spirit of plenty gives you plenty at all times.

It is your Father's good pleasure to give you the kingdom.—LUKE 12:32.

THURSDAY, APRIL 22

The presence of God ever protects and saves me from all harm. In Him I am secure.

IF YOU like to feel that you have that about you which saves and delivers you from all harm, turn often in thought to the presence of God. Feel that He is near to you. There can be no danger in your world when you know that you are in the presence of God.

The protection of God comes from our consciousness of His presence. We realize that we cannot live apart from Him. We know that no danger can come near us when we abide with Him.

During the World War many soldiers carried with them the consciousness of safety. They knew that they lived in the presence of God, regardless of where they were sent or what they were commanded to do. They knew that the protection and security of God were ever with them.

Live in the consciousness of God's presence. In His omnipresence of good there can be no danger for you. Abiding in His presence you will know naught but protection and security. His salvation will keep you from all harm.

He is able to save to the uttermost.—HEB. 7:25.

FRIDAY, APRIL 23

I pray today in the consciousness that I am one with God, conscious of His blessings.

THINK of prayer as that relation between you and God in which there can be no separation from His goodness. Know that when you place yourself in conscious oneness with Him you are one with whatever blessing you seek and desire. Make your prayer positive and affirmative.

Never think of God as some being apart from you whom you must beseech in order to live. Your prayer is answered when in spiritual consciousness you sense the answer and become aware that it is yours. God does not withhold any good from you. Only your negative state of mind can cause good to be repelled instead of being attracted to you.

The prayer of Truth affirms the blessing sought. Such a prayer does not consider God as ever denying His good to us when we turn to Him. In the prayer of Truth we find ourselves unified with God, His wisdom, love, joy, health, and abundance. We pray in the knowledge that whatever of good we need is bestowed upon us by God. We pray knowing that we are in possession of the answer to our prayer.

I will pray with the spirit, and I will pray with the understanding also.—I COR. 14:15.

SATURDAY, APRIL 24

I cease to think of evil as having power in my life. I believe in the omnipotence of God, the good.

EVERY TIME you think of evil as having power over you you tend to believe less and less in the omnipotence of God. To believe that evil has some power over you shows that God is short of omnipotence in your estimation. The all-powerfulness of God cannot make room for or compromise with any so-called power of evil.

In order to feel the omnipotence of God, the good, you must keep out of your mind every thought about the power of evil. Your mind must be undivided on this point. You must believe in God so thoroughly that you cannot entertain even the slightest thought about any opposite power.

Many persons need to practice this lesson in their life. They need to know that God alone has power. They need to exclude from thought all belief in evil, by dwelling often upon God's omnipotence.

God, the good, alone reigns in your world. Under His dominion you have His authority.

The God of Israel, he giveth strength and power.
—PSALMS 68:35.

SUNDAY, APRIL 25

*This day I realize that there is within me
that which is ever exalted, never cast down.*

OUR AFFIRMATION for today directs our thought to that within us which causes us to rise to the exaltation of Christ. We feel lifted above all that is sordid and debasing. We rise to the consciousness that there is something within us that ever lifts us up.

Spiritual exaltation comes from turning in thought to the presence of Christ within us and letting ourselves be lifted up with Him. We are exalted to know that things of the world about us have no power over us. We find that they cannot cast us down. We live in the consciousness that Christ within us ever exalts us.

Drop from mind all belief that the world about you can disturb you or depress you. Cease to think of persons and things as having power over you. Rise to the consciousness that you are exalted in Christ.

Go forth this day in the realization that you have within you something that can never be cast down. Know that in you Christ is ever exalted. Know that your higher self is ever lifting you up.

Now will I arise, saith Jehovah; now will I lift up myself; now will I be exalted.—ISA. 33:10.

MONDAY, APRIL 26

My body as the temple of God is filled with His presence of life, health, and strength.

THE BEST affirmation we can make about the body is to declare that it is God's temple and filled with His presence. If we but realize this, we have the perfect assurance of health. To know that the body is God's temple is to be assured that it is not a thing of disease. God's temple must reflect His character. Since His temple is filled with His presence, it cannot at the same time be filled with the presence of disease, imperfection, weakness.


Our lesson on the body today aims to convince us that it is God's temple, the habitation of health. Our attention is directed away from all belief that the body is the abode of impurity and disease. We are to think of it as it is in Truth: the temple of the living God.

Think of your body as it exists in the ideal: whole and perfect. To think contrary to this is to think contrary to the Truth of God. To be loyal to God you must be loyal to His high vision of your body.

The temple of God is holy, and such are ye.—I COR. 3:17.

TUESDAY, APRIL 27

Christ abides in me as the presence of God.

 OUR THOUGHT today is centered upon the Spirit of God, the Christ, abiding within us. Our attention is directed away from all belief that evil is present in our life. We think only of the Christ and find in Him all that we need and seek.

There are those who think of Christ as living apart and far from them. They have not discovered His indwelling presence. They have not discovered that He abides within them as their light, joy, love, life, and substance. They need to direct their thought to Him and to find Him in their very midst.

Do not think of Christ as something mysterious in your life. Christ is that Spirit within you which makes you something apart from the material world. Your spiritual nature ever inspires you to lift your eyes to the things of Spirit, to keep consciously identified with Christ.

Christ in you is that which satisfies your every longing. When you realize your unity with Christ you discover that you are one with all that you seek and need. Your Christ consciousness brings about the answer to your prayer, the fulfillment of your desire.

Christ be formed in you.—GAL. 4:19.

WEDNESDAY, APRIL 28

I relax from all mental and physical tension, because I place all my affairs in the keeping of God.

WE GET rid of tension when we get rid of the thoughts that make us tense. When we cease to entertain thoughts of fear, resistance, and expectations of disaster, we cease to be tense in mind and in body.

Can you not see that in order to be free from tension you must free yourself from the thoughts that cause it? Do you not see that you cannot get rid of physical tension so long as you hold in your mind tension-producing thoughts? You must first be relaxed in mind if you expect to be relaxed in muscle, nerve, and body.

Have regular periods daily for relaxation. Begin your day with an early morning silence. Close the day with a silence just before you retire, aiming to relax in every part of your being. This plan will keep you relaxed through the day and through your night's sleep.

Realize today that you place yourself and all your affairs in the hands of God. Know that He manages and adjusts all your affairs.

Ye shall find rest for your souls.—JER. 6:16.

THURSDAY, APRIL 29

I behold this day the blessings of God becoming visible and tangible according to my need.

WE NEED to train ourselves to behold the blessings of God even when to our vision there is the appearance of evil or lack. Our spiritual eyes must be trained to behold health in place of disease, plenty in place of lack, justice in place of injustice, victory in place of defeat.

We train our vision by keeping our thought centered upon God. We look past the appearance of a void and see His blessings. We realize that in Truth our eyes cannot be blinded to the Truth or to the appearance of God. We find that in Spirit our spiritual vision is ever giving to us a clearer picture of the manifestation of spiritual blessings.

Rejoice today that you can see. Be thankful that you can look past a seeming void and behold the richness and fullness of God's blessings now coming into visibility as your own. Rejoice that you see God when you behold some goodness characteristic of God.

Look upon your world and see the goodness of God coming into tangibility.

Look, ye blind, that ye may see.—ISA. 42:18.

FRIDAY, APRIL 30

*My thought this day is directed to heaven,
the kingdom of God within me.*

THINK of heaven as the presence of God within and about you. Think of this as God's world, in which you live in spirit. Realize that in Truth there is no world existing as an opposite of God's world of good. Know that heaven is your consciousness of perfect harmony, now becoming more and more tangible to you.

Your world becomes heaven or hell to you according to the nature of your thought. Your thought world determines the state of your environment. Your conception of heaven determines whether or not you live day by day in heaven and enjoy its benefits.

No longer think of heaven as something that exists apart from you, in the distance or in the future. Heaven is the realm of God and is within and about you. Heaven is the sum total of all good accessible to man. Heaven is found and enjoyed only when man has heavenly thoughts to the exclusion of satanic thoughts. Heaven is reached only by reaching Godward.

The kingdom of heaven is at hand.—MATT. 4:17.

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BLESS WHAT YOU HAVE



Jesus gave thanks for a small supply and that little was increased to such abundance that a multitude was satisfied and there was food to spare. If your supply seems limited, bless what you have and watch it grow. The power of blessing is as great today as when Jesus used it.

*The Prosperity Bank drill is a daily reminder to bless and give thanks for your supply. Send for a Bank and use the prosperity prayer to enrich your consciousness while you save a coin each day for the purpose of sharing **UNITY DAILY WORD** with others. Silent Unity will pray with you to help you make your demonstration of prosperity.*

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TOLERANCE

Let each day find us stronger,
more gentle; firmer in what we
think right, and more tolerant of
the opinions of others.

—*John Willis Ring.*

